

MAY HARVEST OF THE MONTH



STRAWBERRIES



SCAN THE
QR CODE
FOR MORE
HARVEST
OF THE
MONTH
RESOURCES!



TRY STRAWBERRIES AT HOME!

HEALTH & NUTRITION

Strawberries are not only delicious, but a fantastic source of Vitamin A, Vitamin C, Vitamin E, Manganese, and Potassium.

One cup of strawberries contains over 100% of your recommended intake of Vitamin C! Vitamin C helps your body fight off infections and can help increase the absorption of iron from foods.

? DID YOU KNOW

The average strawberry has 200 seeds coating the outside of it!